

Programme				
Time	FRIDAY 4 th JANUARY	SATURDAY 5 th JANUARY	SUNDAY 6 th JANUARY	
07.00		BREAKFAST	BREAKFAST AND CHECK OUT	
07.30				
08.00		MINI-KEYNOTE	TEAM CHALLENGE	
08.30		COMMUNICATION & ORGANISATION		
09.00				
09.30				
10.00			BREAK	
10.30			DEVELOPING THE COACH-MENTOR RELATIONSHIP	
11.00				
11.30				
12.00	LUNCH	LUNCH		
12.30	MINI-KEYNOTE			
13.00	REGISTRATION	PERSONAL REFLECTION & ACTION PLANNING		
13.30			LUNCH	
14.00	TEAM BUILDING & INTRODUCTORY SESSION		CLOSING KEYNOTE	
14.30	ADAPTABILITY & COMPASSION			
15.00	YOUR COACHING VALUES & PHILOSOPHY			
15.30				
16.00		BREAK		
16.30		HONESTY & ETHICS	DEPART	
17.00				
17.30				
18.00	TEAM CHALLENGE PREPERATION			
18.30	DINNER			
19.00				
19.30		DINNER		
20.00	OPENING KEYNOTE			
20.30	RETURN TO ACCOMODATION	AN EVENING WITH... QUIZ		
21.00				
21.30				
22.00				RETURN TO ACCOMODATION

YOUNG COACHES

Our sporting future



High quality coaching is at the very heart of sport.

Young Coaches are therefore our sporting future. It is you who will inspire, motivate and develop not only our champions of tomorrow but our participants of today.

At the Youth Sport Trust, our vision is for all young people to have a positive sporting experience. An experience which will support all young people to achieve their personal best at any level and for whatever reason.

It is your gift as the next generation of coaches to change the lives of people who you coach through the power of sport – it's a great responsibility. Therefore to help you achieve this, the National Young Coaches Academy will provide you with the opportunity to focus on yourself as a coach, consider what type of coach you want to be and how you can value and motivate your participants.

You will also begin the journey to identifying what you want to achieve as a coach, the steps you need to take to get there and who can support you on your journey.

The National Young Coaches Academy is a professional development experience and therefore centres on guided learning through some action-packed, fun sessions. On some occasions these sessions will take you out of your comfort zone and challenge you but in a safe and supported environment. Over the course of the weekend, you will have the opportunity to learn from each other and from coaches who have achieved great things in sport.

In association with...



NATIONAL YOUNG COACHES ACADEMY

FACTS:

The Academy

This is the second National Young Coaches Academy.

Ten Sports

We are working with ten National Governing Bodies of Sport to deliver the National Young Coaches Academy – Amateur Swimming Association, Badminton England, Boccia England, England Basketball, English Table Tennis Association, Rugby Union, The Football Association and Volleyball England return from last year's hugely successful academy and joining us this year will be England Athletics and England Hockey.



200 Young Coaches

Ranging from 14-19 years of age, 200 young coaches are identified by their National Governing Body of Sport as being the most promising young coaches. They are young coaches who have the potential to be the most talented coaches in their sport.

Content

The Academy will help young coaches to develop their how to and personal coaching skills as shown below.



"It was a great experience which I thoroughly enjoyed and learnt something inspiring and exciting every session. I've learnt a lot from the other sports coaches in the academy. If offered the chance to attend the academy again my name would be first on the list!"

"It was a really valuable and educational experience and really set me on the right path to head towards what I want to do as a NGB coach, now I'm hoping my mentor and my personal development plan will help get me there as well."

"It helped me really learn a lot about not only my role as a coach but also about myself and how I can help others."



"Thank you for giving me the opportunity to go I had a very good time, it has given me a big boost to just get out there and try to develop as many young athletes as I can"

"I thought the weekend was a fantastic opportunity for young coaches to develop their skills and abilities to help them become a better coach. I thought the organisation and running of the weekend was flawless, with all the staff, athletes, speakers and helpers knowing what they had to do and where they had to be at the right time which aided the smooth running of the weekend. My experience over the weekend was highly enjoyable and just the experience of being around other young coaches and athletes was a once in a lifetime opportunity."